



HOLIDAY STORES NUTRITION INFORMATION May 2026

BAKERY

Serving Size (g)	Calories	Cal. From Fat	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A % DV	Vitamin C % DV	Calcium % DV	Iron % DV
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STORE BAKED COOKIES (Bakery Case)

Chocolate Chunk	78	350	160	18	9	0	25	260	46	2	19	4	6	0	4	8
Chocolate Chip w/ Chocolate Candies	78	350	150	17	8	0	25	260	47	1	21	4	6	0	4	6
Oatmeal Raisin	78	320	120	13	6	0	25	260	47	2	20	4	6	0	6	10
Reese's Pieces Peanut Butter	78	370	180	20	8	0	25	330	42	2	19	6	4	0	6	6
White Chocolate Macadamia	78	370	170	19	10	0	25	260	44	<1	19	4	4	0	8	6
Snickerdoodle	78	350	140	15	9	0	45	270	47	<1	25	4	15	0	0	0
Sugar	78	340	130	14	7	0	30	340	47	<1	24	4	8	0	0	0
Butterfinger Cookie	78	350	140	15	8	0	20	360	49	1	32	4	4	0	4	2
Smores Cookie	78	350	140	15	8	0	20	360	49	1	32	4	4	0	4	2
Salted Caramel Chocolate	78	350	140	15	8	0	20	360	49	1	32	4	4	0	4	2
Chaos Cookie	78	350		18	8	0	35	220	45	1	26	4	0	0	2	10

FRESH MUFFINS (Bakery Case)

Blueberry Muffin	156	540	-	27	6	0	105	470	67	1	37	7	-	-	5	11
Banana Chocolate Chip Muffin	156	640	-	33	10	0	100	460	81	3	49	8	-	-	5	11
Lemon Poppyseed Muffin	156	560	-	28	6	0	110	490	68	1	36	8	-	-	8	11
Caramel Apple Cinnamon Muffin	156	520	-	24	6	0	90	440	70	2	43	6	-	-	8	-
Pumpkin Muffin	156	600	-	33	7	0	110	490	67	1	36	8	-	-	5	11
Reese's Filled Muffin	113	480		26	5	0	55	420	58	2	41	7	-	-	4	15
Red Velvet Muffin	156	360	260	29	5	0	105	430	68	1	42	6	-	2	4	15

GREATER MPLS/ST. PAUL AREA BAKESHOP BAKERY

Glazed Ring Donut	85	330	180	20	7	0	0	320	36	1	13	4	2	-	15	4
Chocolate Iced Ring Donut	99	390	200	22	8	0	0	350	45	1	19	4	2	-	0	4
Chocolate Iced Long John	99	370	160	18	6	0	0	350	48	1	22	4	2	-	0	6
Raised Glazed Twist	99	360	170	19	7	0	0	390	45	1	16	5	2	-	15	6
Fried Maple Iced Cinnamon Roll	113	410	190	21	8	0	0	360	52	1	25	4	2	-	25	4
Raspberry Filled White Iced Bismark	127	400	170	19	7	0	0	370	54	1	26	4	2	-	15	4
Custard Filled Choc. Iced Bismark	127	410	180	20	7	0	0	380	55	1	28	4	2	-	0	6
Apple Fritter	113	360	140	15	5	0	0	430	50	2	18	5	4	35	15	6
Old Fashioned Glazed Donut	85	340	170	19	7	0	10	220	43	1	26	2	-	-	20	2
Old Fashioned Choc Iced Donut	85	340	160	18	7	0	10	200	44	1	28	2	-	-	0	2
Old Fashioned Blueberry Donut	85	340	180	19	8	0	10	210	41	1	25	2	-	-	20	2
Plain Cake Donut	57	220	130	14	5	0	15	270	22	1	8	3	2	-	0	2
Chocolate Iced Cake Donut	85	320	140	15	6	0	15	300	42	1	25	4	2	-	0	2
Double Chocolate Iced Cake Donut	85	310	140	15	6	0	0	360	42	1	26	3	-	-	2	4
White Iced w/Sprinkles Cake Donut	85	310	140	16	6	0	15	300	40	1	23	3	2	-	0	2
Chocolate Croissant	100	400	-	22	14	0	0	400	43	2	19	6	-	-	2	15
Apple Turnover	111	350	-	20	10	0	0	250	38	1	15	4	-	-	0	8
Strawberry Cheese Croissant	102	320	-	15	8	0	5	410	42	1	16	5	-	-	0	10

Blue Sky Bakery - Thaw & Serve

Apple Fritter	122	360	120	13	4	0	0	370	59	1	28	4	-	1	10	10
Glazed Yeast Raised Donut	87	290	110	12	4	0	0	310	43	1	18	4	-	-	8	10
White Sprinkled Yeast Raised Donut	89	310	120	13	5	0	0	300	45	1	20	4	-	-	1	6
Chocolate Yeast Raised Donut	90	360	190	21	8	0	0	330	38	1	13	4	-	1	2	10
Maple Yeast Raised Donut	90	290	110	12	4	0	0	320	26	1	18	4	-	-	1	6
Sugar Yeast Donut	68	230	110	12	4	0	0	300	28	1	5	4	-	-	1	6
Plain Cake Donut	65	230	110	13	5	0	25	290	27	1	9	4	-	-	2	10
Chocolate Iced Cake Donut	87	350	190	21	8	0	25	310	38	1	20	4	-	-	2	10
White Iced Cake Donut	87	310	140	16	6	0	30	350	38	1	17	5	-	-	2	10
Glazed Old Fashioned Donut	87	310	110	12	5	0	25	330	47	1	27	3	1	-	10	6
Blueberry Old Fashioned	87	310	110	12	5	0	25	320	48	1	28	3	1	-	10	6
Chocolate Bavarian Bismark	129	430	220	24	9	0	0	370	49	1	24	4	-	1	2	15
Mint Chocolate Donut	65	230	90	10	4	0	15	240	33	1	18	3	-	45	2	10

Misc

Brownie w/ Oreo & Reeses	113	460		22	6	0	90	320	65	3	45	8	-	-	0	10
Butterfinger Peanut Butter Crispy Bar	38	170		7	3	0	0	105	24	1	13	3			0	15
Butterfinger Brownie	100	440	169	19	9	<1	<1	284	65	2	46	6			3	17
Gourmet Cinnamon Rolls	113	400		15	5	0	5	390	62	2	31	6	-	-	10	4